

Item	FOOD PREPERATION INSTRUCTIONS
Cheddar cheese cups Tabachnick	Thaw cups in refrigerator for 1-2 days, remove from cup to microwave, microwave for 20-35 seconds or until heated through
Tasty turkey ham and cheese sandwich	Keep frozen as desired, Thaw under refrigeration 1-2 days, Shelf life frozen 9 months, refrigerated must discard if thawed after 5 days
BBQ pulled pork on a bun	Heat pork in service container in oven for 30-40 minutes covered, Or remove from aluminum container and heat in sauce pot on stove or in microwave until product reaches internal temp of 165. Do not reheat again - discard after 5 days refrigerated.
Grilled cheese sandwich	Grilled cheese sandwiches – Serve cold or toasted in toaster oven or in fry pan - add butter or mayo to outside of bread – cook till golden brown and cheese is melted.
Nardone pre wrapped pizza	Preheat oven to 325 F. Place wrapped pizza on a baking sheet or pan liner paper. Cook pizza in ovenable wrapper for 12-16 minutes or until cheese is melted. Let pizza sit in wrapper for 1 minute before opening and removing pizza
Pizza nardone foil wrapped	Pizza – Foil wrapped – open wrap – place on foil or on pan unwrapped 400 degree oven 10-15 mintutes
chicken Smackers ( popcorn style breaded chicken) or chicken nugget	Chicken bake uncovered 350 deg for about 25 minutes until internal temp of 165 degrees-30
Chicken Tenders	Chicken bake uncovered 350 deg for about 25 minutes until internal temp of 165 degrees-30
General rule of thumb for pre cooked Breaded chicken item	Pre cooked chicken items ( we will only be serving pre cooked chicken) Breaded items should be baked uncovered so the breading gets crunchy,
General rule of thumb for pre cooked unbreaded chicken items	Unbreaded items should usually be heated covered so they do not dry out. 300-350 deg oven with added sauce if you prefer
Macaroni and cheese bowls pre made	Defrost in refrigerator 1-2 days before use. Preheat oven to 350 deg. Place bowls on shallow pan ( cookie sheet) Bake 10-14 minutes or until internal temp of 160 degrees - stir half way through cooking
Roasted chicken bone in	Roasted Chicken – Bake covered 350 Degrees for 30 Minutes or until reaches internal temp of 165 degrees - this item is best if covered when heating and adding a tomato sauce or seasoning or seasoned bread crumbs and oil makes it more moist.
Italian combo panini NOTE this product has pork	These paninis are the favorite at BHS - place meats and cheeses on one half of the panini bread, grill in pan with just a drop of oil, flip when one side is browned and cheese is melted.
Grilled chicken breast sandwich	This can be eaten cold or heated for a nice grilled chicken sandwich -Thaw in refrigeration - to heat -add favorite seasonings or sauces, cover with foil lid container, heat in o325 degree oven for 15-20 minutes or when internal temp is 160 degrees - top with yor favorite cheese - make into a sandwich or as a topping to salad.
chicken Patty -	Chicken bake uncovered 350 deg for about 25 minutes until internal temp of 165 degrees-30

## Raw vegetables some suggestions

Romaine or green leaf lettuce	Wash individual leaves thoroughly - break into bite size pieces - each head should yield 4 one cup portions
Whole raw carrots 1# bag	Sky is the limit with what you can do with these - the child nutrition portion is 1/2 cup serving per meal. Peel and cut sticks for dipping ( a fan favorite for the elementary grades, slice in carrot coins and steam for hot veg, cut in larger sticks and oven roast with spices - check out the Farm to school page for recipes
Whole onions spanish	Spanish onions are the cooks main ingredient in most dishes - Dice, slice, mince and add to any meal. Can be served raw for a topping on some of our favorite meals, Make a pickled onion for a topping on the pork meal, so versatile - for Child nutrition purposes each onion will yield 4 1/2 cup portions or more depending on the size of your onion. No crying here! Wash your hands in cold water before working with the onions - stand slightly off to the side .
Cauliflower head	Cauliflower is wonderful roasted - cut in med size florettes , brush with your favorite seasoning and a light oil, Oven roast on cookie sheet in hot oven (400-450) for 15-20 minutes. Can also be steamed, boiled, shredded or mashed. Child nutrition portions one med size head should yield 5-6 1/2 cup portions.
Broccoli Head	Another Beacon Fan favorite - Wash head - trim stem (keep the stem) serve raw florettes with favorite dipping sauce, Steam broccoli with salted water, pan fry with favorite asian flavorings, or our favorite - roasted broccoli - same method as the cauliflower - Child nutrition portions one med size head should yield 4-6 1/2 cup portions.
Celery head	Keep this one raw for a healthy crunch wash each stalk thoroughly. cut in sticks - add favorite dip. Is also one of the three ingredients to start most soups - Also delicious braised with a vegetable broth or as a base for roasted chicken. Child nutrition portions of one full head of celery is 8 1/2 cup portions.
Red bliss potatoes	Wash thoroughly - Wrap in paper towels to microwave, 4-6 minutes , dice , slice, chop and boil, fry, steam. Each B size potato counts as 1/2 cup portion for Child nutrition standards.
We are currently purchasing our produce from Dagele Farms in Florida NY - a family owned farm just a few miles from Beacon. The Onions, carrots and apples are all NYS product . We support our local farmers s much as possible and you will surely see more local product as the season grows.	